

A unique opportunity for like-minded individuals to  
take some time out from their busy lives,  
relax, connect, feel revitalized and empowered.



**SO BRILLIANT**

**GROUP HEALING EVENT**

**THIS AND THAT –  
A LITTLE BIT OF  
EVERYTHING TO IMPROVE  
YOUR QUALITY OF LIFE**

**Cost \$40.00 per person**

**THURSDAY MARCH 26, 2020  
7:30 PM - 9:30 PM  
OAKPARK NEIGHBOURHOOD CENTER  
2200 SAWGRASS DR, OAKVILLE, ON**

Leave with a sense of relaxation and a handful  
of tips to help you enhance your life.

# WHAT TO EXPECT

Informal discussion and participant introductions.

Centring and grounding exercise.

Presentation providing empowering tips and tricks to enhance your everyday life.

A group Reiki session which provides the same benefits as an individual session, just in a group format.

Closing words and conclusion.

# WHAT TO BRING

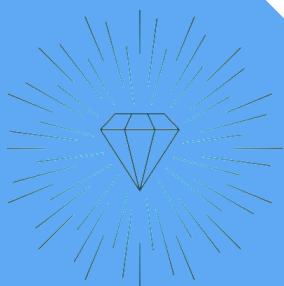
A yoga mat if you wish to sit on the floor, we have chairs and a couch to sit on if preferred. Your comfort is most important.

Water and light snacks will be provided.

# INTERESTED?

To register for this event use the So Brilliant on-line booking option or contact Brenda at  
416-845-8390/  
brenda@sobrilliant.ca

Have a question?  
Please reach out.



So Brilliant  
Reiki and  
BEAM Therapy  
www.sobrilliant.ca  
416-845-8390

